



Does someone you love have substance use issues?

You are not alone.

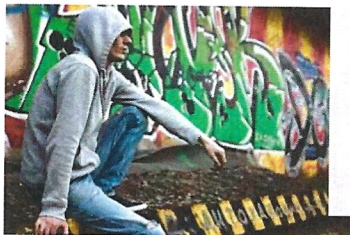
As parents, caregivers and other loved ones caring for someone with substance use challenges, we can relate to what you're going through. ***Please know that you are not alone.*** Maryland Coalition of Families (MCF) is here to help you access resources and make connections with those in your community who can support you and those you love.

One-to-one support is available from an MCF Family Peer Support Specialist who has personal experience caring for someone with substance use challenges.

A Family Peer Support Specialist listens to your concerns and helps you to:

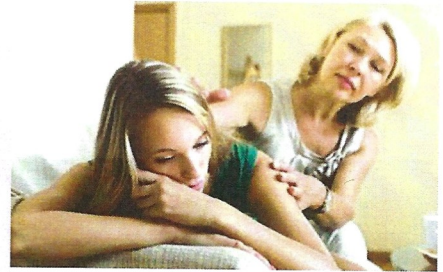
- Access evaluation, assessment and treatment services
- Navigate recovery services and supports
- Understand insurance coverage
- Know your rights as a parent or caregiver
- Connect to other families dealing with similar challenges
- Access mental health services
- Learn about the continuum of services and supports available within your community

Services are provided at no cost to Maryland families.



"Not only did I feel that I finally had the help I needed, but I also felt I was in the company of friends."

— Parent supported by MCF



About Maryland Coalition of Families (MCF): MCF helps families who care for someone with behavioral health needs. Using personal experience as parents, caregivers, youth and other loved ones, we connect, support and empower Maryland's families. Our staff provide one-to-one support to parents and caregivers of young people with mental health issues and to any loved one who cares for someone with a substance use or gambling issue. We also advocate to improve systems that impact individuals with behavioral health challenges.

Get Help!

For additional information or to find help in your community, connect at:

www.mdcoalition.org • 410-730-8267 • referral@mdcoalition.org